

TACO BOWL

TACO BOWL INGREDIENTS

- 4-10 inch tortillas

TACO BOWL DIRECTIONS

- Set oven rack to middle position in the oven. Preheat oven to 400°.
- If tortillas aren't at room temperature, microwave them for a few seconds until they are pliable.
- Generously spray both sides of tortilla with nonstick baking spray.
- Press the greased tortilla in bottom & up the sides of the 6 inch cake pan.
- Form a piece of aluminum foil into a large ball. Set the aluminum foil inside of the tortillas shell. It will help the tortilla bake in the form of a bowl.
- Bake for 15 mins. Check to see if it is golden brown and crispy. If not, let it continue to bake for 3-5 more mins.
- Let cool in cake pans. Then remove aluminum foil. Carefully remove tortillas shells from cake pans.
- Serve immediately or store leftovers in an airtight container.

SEASONED BLACK BEANS INGREDIENTS

- 1 15.5 ounce cans of black beans, rinsed & drained
- 1 cups vegetable broth
- 2 tbsp lime juice
- 1 tbsp garlic- minced
- 1/4 cup cilantro- rough chopped
- 1/2 tsp chili powder
- 1/2 tsp cumin
- salt to taste

SEASONED BLACK BEANS DIRECTIONS

- Combine all ingredients, except the salt in a medium pot. Bring to a boil over medium heat.
- Reduce heat and simmer for 20 mins, stirring occasionally.
- When liquid has reduced by half & there is a thick gravy, season to taste with salt.
- Serve hot.

Cooking *Collaborative* @ HPU

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CARNE ASADA INGREDIENTS

Steak:

- 1 1/2 to 2 pounds flank or skirt steak
- extra virgin olive oil
- kosher salt & freshly ground black pepper

Marinade:

- 1/3 cup extra virgin olive oil
- 1/4 cup soy sauce
- 2 tbsp lime juice
- 2 tablespoons cider vinegar
- 2 tablespoons sugar
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- 4 garlic cloves, minced (4 teaspoons)
- 1 jalapeño pepper, seeded and minced
- 1/2 bunch fresh cilantro, leaves & stems, finely chopped (about 1/2 cup)

CARNE ASADA DIRECTIONS

- Whisk to combine the olive oil, soy sauce, lime juice, vinegar, sugar, black pepper, & cumin in a large, glass baking dish. Stir in the minced garlic, jalapeño, and cilantro.
- Place the steak in the marinade & turn over a couple of times to coat thoroughly. Cover in plastic wrap & refrigerate for 4 hours or overnight.
- Preheat your grill for high direct heat (You can also use a cast iron grill pan on high heat if cooking on the stovetop.)
- Remove the steak from the marinade. Place on the hot side of the grill. Grill the steak for a few mins. only, until well seared on one side (the searing makes for great flavor), then turn the steak over & sear on the other side.
- Test with a meat thermometer into the thickest part of the steak. Pull the meat off the grill at 115°F to 120°F for rare, 125°F medium rare, 140°F for medium. The meat will continue to cook in its residual heat.
- Place the steak on a cutting board, tent with foil & let rest for 10 mins.
- Use a sharp, long bladed knife to cut the meat. Notice the direction of the grain of the meat & cut perpendicular to the grain. Angle your knife so that your slices are wide & thin.

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AVACADO CREMA INGREDIENTS

- 1 medium avocado, cut in half lengthwise, peel & pit removed
- 1/2 cup coarsely chopped fresh cilantro
- 1/4 cup sour cream
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt

AVACADO CREMA DIRECTIONS

- Place all of the ingredients in the bowl of a food processor fitted with a blade attachment & process until smooth, stopping & scraping down the sides of the bowl with a rubber spatula as needed.
- Transfer the crema to a small bowl. If not using immediately, press a sheet of plastic wrap onto the surface & refrigerate for up to 2 hours.

QUESO DIP INGREDIENTS

- 2 lbs white American cheese
- 1 1/2 cup of milk
- 1 teaspoon of cumin
- 1/2 teaspoon of salt
- a pinch of onion powder

QUESO DIP DIRECTIONS

- Cut cheese into small chunks.
- Heat milk on low in small pot on the stove & add cheese slowly while whisking.
- Add cumin, salt and onion powder continuing to stir to incorporate.